



# Conz Street CHRONICLE

**Northampton Senior Services & Senior Center**  
67 Conz Street  
Northampton, MA 01060  
(413) 587-1228  
[www.northamptonma.gov/713/Senior-Services](http://www.northamptonma.gov/713/Senior-Services)

**Hours:**  
**Monday-Friday**  
**8:15 am - 4:00 pm**  
**Wednesday**  
**7:00 pm - 8:30 pm**

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William Lamere, Handyman  
413-587-1301

Bob Kies, Building Maintenance

Sean Romanski, Fitness Center Assistant

Robert Watelet, Fitness Center Assistant

Visit us on the web at:  
[www.northamptonma.gov/713/Senior-Services](http://www.northamptonma.gov/713/Senior-Services)

## This month’s artist: Mary Vazquez

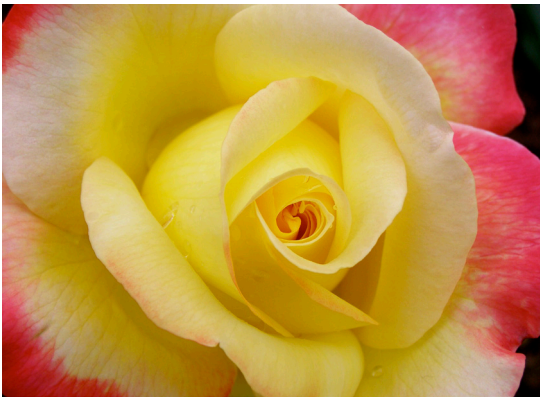
Art in various forms has always been a part of Mary Vazquez’s life. For more than 30 years she was a deejay for the Women’s Community, playing dance music that ranged from the Big Band music of the 1940s through the disco era of the 1980s and beyond. For 25 years she has studied woodcarving with Ed Cope, creating many sculptures and mirrors of whales, sea lions, dragons, cats and flowers. Summer time finds Mary in the garden, attending to her beautiful flowers, which she also loves to photograph.

Mary is inspired by the “surprising and stunning aspects of nature all around us, waiting to be discovered by taking a close look. “Flowers are of special interest to me, having been inspired by the astonishing work of Georgia O’Keefe. “I have used many of my photographs of flowers to make greeting cards for different occasions.”



A picture of a swan in reflection, by Mary Vazquez.

During the month of October, Mary presents her photography at the Northampton Senior Center as the featured Artist of the Month. Her photography will be on display and can be viewed during normal business hours: Monday through Friday, 8:15 a.m. – 4 p.m. Join Mary on Oct. 19, from 6:30 to 8:30 p.m. for an Artist Reception.



A picture of a rose.

## Celebrate Autumn Open House

The staff of the Senior Center invites all members of the Northampton community, ages 55 and above, to participate in three days of free events and programs (unless noted). It will be an opportunity to see what the whole city is talking about.

### Tuesday, Oct. 11

- 8:45-9:45 a.m.: Strength & Stretch with Sean:** Exercises include weight training, stability balls, and balance exercises for seniors of all levels. Must be 55 or above and register. **(AR)**
- 9-noon: Music Club **(GR)****
- 9:30-10:45: Cup of Conversation:** Join other seniors for coffee and conversation. **(Bistro)**
- 10:00: Care Giver support:** Pre- registration required. Please call. **(Wellness)**
- 10:00: Walking Group:** Meet in lobby.
- 10:00-10:45: Stretch & Tone:** A routine of exercises designed to strengthen all the muscle groups, improve posture, strength, and balance. Exercises can be adapted for people with specific knee or back problems. Class includes exercise on floor mats. **(AR)**
- 10:00: The Future of Healthcare:** A Look in to the Crystal Ball. Presentation with nurse Sharon Ashton. **(CR)**

State Rep. Kocot will be here on Tuesday, Oct. 11, to listen to your concerns. Northampton Mayor David Narkewicz will be here on Wednesday, Oct. 12 for coffee and discussion. This is an event not to be missed.

- 10:00: Northampton Senior Center Building Tour **(Lobby)****
- 11:00: Line Dancing:** Joan Anderson teaches line dancing to a variety of music from the 30s to the 80s. Dances avoid fast spins and twisty footwork, so they’re easy on knees and equilibrium. No partner necessary. **(AR)**
- 11:00-11:30: Introduction to the Fitness Center Tour **(FC)****
- 11:30-12:00: Introduction to the Fitness Center Tour **(FC)****
- 12:00: Northampton Senior Center Building Tour **(Lobby)****
- 12:30- 3:30: Sewing Workshop :** Pre-registration required. **(AR)**
- 1:00: Prescription Advantage:** Join Kathy Devine, Outreach Coordinator for Prescription Advantage Program from the Executive Office of Elder Affairs. She will be here to explain how Prescription Advantage, the Massachusetts state pharmaceutical program (SPAP), works together with the Medicare prescription drug coverage to lower prescription drug costs for individuals enrolled in Medicare. **(GR)**

Continued on next page

## Ezpass Transponder: Get yours today!

State Representative Peter Kocot has arranged for staff from the Department of Transportation to process EZPASS applications for the general public. If you are traveling on the Mass Turnpike it will soon be a requirement to have an

EZPASS transponder on your windshield. BRING EITHER A CREDIT CARD OR A PERSONAL CHECK. Complete the application with the support of the DOT staff and walk away with your EZPASS.  
**10 a.m. to 2 p.m., Tuesday, Oct. 11 (FR)**  
A representative from Peter Kocot’s office will also be available during this service, if you have question or concerns that you would like Rep. Kocot to address.





**1:00: (CR) *Julius Caesar* By William Shakespeare:** Number 5 in a 6 week presentation series with Tom Malone. Pre-registration required. **(GR)**

**1:00-2:30: *Writing Class*:** Jim Spencer, a published author, invites visitors to take part in the Writing Class. The class has a dedicated membership of talented people committed to putting their thoughts on paper. Ten of the class members are published writers. If you have been thinking of that special story to put in written form, this is the class for you. **(Bistro)**

1:00: Pitch: New group now meets each Tuesday from 1:00-2:30. All welcome. **(Games Room)**

**1:30: *Author James Cahillane & The Pilot’s Satchel* (Library)**

**2:00: *Northampton Senior Center Building Tour* (Lobby)**

**2:45-3:45: *Tea Time Tuesdays*:** Come relax, share in good conversation and enjoy a hot cup of tea or coffee. Light refreshments served. **(Bistro)**

**4:30: *Alive Inside*:** The Northampton Community Music School invites you to view an award winning documentary that highlights social worker Dan Cohen’s outstanding work in fighting a broken Healthcare system. The documentary shows how music can help combat memory loss. Be prepared for a few tears and a new hope for people living with dementia. Following the showing of Alive Inside there will be a Question and Answer period. **(CR)**

**4:30:** Have you ever wondered how you can keep your mouth healthy while aging gracefully? Dr. Sue Keller of Strong & Healthy Smiles by Dr. Sue Keller would like to share her Top Ten Tips: Strong Smiles for Seniors. **(Front Room)**

**5:00: *Northampton Senior Center Building Tour* (Lobby)**

**6:00-6:30: *Introduction to the Fitness Center Tour* (FC)**

**6:30-7:00: *Introduction to the Fitness Center Tour* (FC)**

**7:00: *Evening Yoga* (AR)**

**6:30 to 7:30: *Northampton Community Music Center’s Blues Jam*:** If you love Blues music, this is a performance not to be missed. **(lobby)**

**7:30: *Hampshire Chorus rehearsal* (GR)**

***Refreshments served from 5:00-7:00 p.m. courtesy of Linda Manor Extended Care***

**Wednesday, Oct. 12**

**8:20- 9:20: *Dynamic DVD Fitness*:** Exercise to various DVD recordings. No instructor. **(AR)**

**9:00-11:30: *Mosaic class*.** Pre-registration required. **(Bistro)**

**9:00-12:00: *Photography Club*:** If you have any interest in photography, this is the class for you. Instructor, Jim Spencer is offering an open invitation to sit in on the class. Hear about the individual successes of the participants. Many of the class members have become excellent photographers through the direction of Jim and the support of their class participants. **(CR)**

**9:30-10:20: *Low impact & Weight Training 1*:** Emphasis on cardiovascular and strength training. Instructors, Missy Richardson & Deb Oakley. **(AR)**

**10:00: *Northampton Senior Center Building Tour* (Lobby)**

***10:00: Coffee with Mayor David Narkewicz. (Coffee Shop)***

**10:30-11:20: *Low impact & Weight Training II*:** Emphasis on cardiovascular and strength training. Instructors, Missy Richardson & Deb Oakley. **(AR)**

**11:00-12:00: *Normal vs. Not Normal Aging Presentation*:** with local Clinical Psychologist, Dr. Amanda Mullen. Learn about the difference between normal and not normal cognitive changes that can occur with aging. Dr. Mullen will provide an introduction to Teepa Snow’s Positive Approach(TM) to Care and explore options for “der-

standing and navigating brain change. **(FR)**

**11:30- 12:30: *Beginning/ 2nd year Tap Class*:** Come learn to tap while having FUN with Instructor, Carol Butler Watelet. **(AR)**

**11:00-11:30: *Introduction to the Fitness Center Tour* (FC)**

**11:30-12:00: *Introduction to the Fitness Center Tour* (FC)**  
**12:00: *Northampton Senior Center Building Tour* (Lobby)**

**12:30: *Cribbage*:** All seniors welcome for this exciting card game! FREE with a scan card. **(Bistro)**

**12:30-1:30: *Zumba Gold*:** Modified, low impact version of the Zumba fitness program, combining Latin and International music with fun dance moves. No dance experience necessary. **(AR)**

**1:00-3:30: *Scrabble*:** Come show off your extensive vocabulary! FREE with a scan card. **(Bistro)**

**1:00-2:30: *Timeless Tunes Band*:** For seniors who play an instrument and/or like to sing in a fun and welcoming environment. **(GR)**

**2:00: *Northampton Neighbors*,** part of the Village to Village movement, is a member driven nonprofit organization that provides access to support services and programs designed to assist seniors who want to live independently, engaged lives at home while connected to the community. **(FR)**

**2:00: *Northampton Senior Center Building Tour* (lobby)**

**2:45-3:45: *Feldenkrais*:** A method of movement utilizing small, simple, easy motion patterns to develop bodily learning with the benefits of better flexibility, posture, balance, and range of motion.**(AR)**

**2:45-3:45: *Free Tai Chi*:** Come join/try the beautiful movement patterns of this exercise and allow the chi (the vital life force) to flow, creating a sense of effortless moving and effortless living with instructor, Denise Barry. New and experienced participants are welcome. **(GR)**

**5:00: *Northampton Senior Center Building Tour* (lobby)**

**6:00-6:30: *Introduction to the Fitness Center Tour* (FC)**

**6:30-7:00: *Introduction to the Fitness Center Tour* (FC)**

**7:00: *Adult Coloring*:** Join in the adult coloring trend and work on reducing anxiety, relieving stress, creating focus and more mindfulness. Coloring books and pencils are provided or feel free to bring your own supplies. FREE with a scan card. **(Bistro)**

**7:00-8:30: *Landscape for Life* :** Pre-registration required to attend. **(GR)**

***Refreshments served from 5:00-7:00 p.m. courtesy of Highview of Northampton.***

**Thursday, Oct. 13**

**8:45-9:45: *Strength & Stretch with Sean*:** Exercises include weight training, stability balls, and balance exercises for seniors of all levels. Must be 55 or above and register. Fee. Drop in option available. **(AR)**

**9:00: *Benefits Counseling Appointments*:** By appointment only. 413-586-2000. **(Wellness)**

**10:00-10:45: *Stretch & Tone*:** A routine of exercises designed to strengthen all the muscle groups, improve posture, strength, and balance. Exercises can be adapted for people with specific knee or back problems. Class includes exercise on floor mats. Instructor, Cynthia MacBain. **(AR)**

**10:00: *Northampton Senior Center Building Tour*: (lobby)**

**10:00-11:00: *Brown Bag*:** A representative from the Food Bank will assist with applications for the Brown Bag and SNAP programs for anyone interested. **(GR)**

**10:00: Walking Group:**

**10:00-11:00: *Learning in Retirement Presentation*:** Representatives of Five College Learning in Retirement invite you to hear what their organization has to offer. This group meets regularly and helps members explore topics in politics, history, art, science and literature, as well as engage in creative pursuits such as painting, cooking and writing. Said one member, “When I retired from work I

did NOT retire my brain!” **(FR)**

**10:00-11:15: *Wisdom Project*:** A group will meet to define & describe wisdom, identify wisdom sources and create community dialogue with facilitator, Rufus Chaffee. **(Library)**

**10:00-12:00: *Knitting Drop In*:** Come learn new techniques, tips, or just socialize while stitching within a friendly group. All levels welcome. Crochet also welcome. **(Bistro)**

**10:00-12:00: *Open Forum about Photography and Writing Class*:** This will be an opportunity to discuss your thoughts and dreams about finding or improving your artistic skills as a journalist or photographer. This is a “dreams can come true” forum. Time for an encore career? **(CR)**

**11:00-11:30: *Introduction to the Fitness Center Tour* (FC)**  
**11:30-12:00: *Introduction to the Fitness Center Tour* (FC)**

**11:30-12:30: *Mixed Level Tap Class*:** Come expand your knowledge of Tap Dance in this fun and exciting class with Instructor, Carol Butler Watelet. Pre registration required. **(AR)**

**12:00: *Northampton Senior Center Building Tour* (lobby)**

**12:30-1:30: *Advanced Beginner Tap Class*:** Come expand your knowledge of Tap Dance in this fun and exciting class with Instructor, Carol Butler Watelet. Pre registration required. **(AR)**

**1:00-3:45: *Mahjongg*:** An exciting game using tiles and requiring strategy & finesse. American version. Drop-ins welcome. **(Bistro)**

**1:00-3:00: *Readers & Thinkers*:** Book club meets monthly on the second Thursday with Facilitator, Louise Kanus. **(Library)**

**1:00: *Piano Lessons with Jeff Olmsted*:** Number 2 in a 5 Class Series. Pre registration required. **(GR)**

**1:30-2:30: *Intermediate Tap Class*:** For those with 2 years or more experience. Exciting, fun tap class! Instructor, Carol Butler Watelet. Pre registration required. **(AR)**

**1:30-3:30: *Recreational Bingo*:** Try your luck at this popular game of chance. Fee: 50 cents a card. 7-card maximum. Ages 55 & up welcome. **(FR)**

**2:00: *Northampton Senior Center Building Tour* (lobby)**

**2:45-3:45: *Tai Chi*:** Join Instructor Suzanne Strauss in learning the postures of the Cheng form as well as some easy exercises to enhance alignment and balance. Pre registration required. **(AR)**

**3:00: *Shine*:** Lorraine York Edberg, the Director of SHINE will be available to answer your medicare questions and discuss how an appointment with a SHINE counselor can assist you during Medicare open enrollment. **(CR)**

**3:00-4:00: *Employment after Retirement*:** Presentation with Fern Selesnick, Career Consultant, and Jim Levey. For years you have been dreaming about retirement. When it finally comes you begin to understand that financially you miss the additional income or you miss the discipline in the workforce. You find yourself healthy with time to spare and maybe you begin to miss the comradely of your work friends. Come to this facilitated discussion group to hear some tips about getting into the workforce again. **(GR)**

**5:00: *Northampton Senior Center Building Tour* (lobby)**

**6:00-6:30: *Introduction to the Fitness Center Tour* (FC)**

**6:30-7:00: *Introduction to the Fitness Center Tour*: (FC)**

**6:15-8:00: *Valley Jazz voices* (AR)**

**7:00 - 8:00: *Trains in the Valley Presentation*:** If you have an interest in trains, Zane Lumelsky will share his knowledge and passion on trains both past and present. He will also share what his group is doing to improve and expand the use of passenger and freight rail service in the Pioneer Valley. **(CR)**

***Refreshments served from 5:00-7:00 pm courtesy of CareOne at Northampton.***

10TH ANNUAL



HOLIDAY

CRAFT

FESTIVAL

& MARKETPLACE

Saturday, Nov. 19, 2016

9 a.m. - 2 p.m.

Held at the

NORTHAMPTON

SENIOR CENTER

67 Conz St., Northampton

Free Admission & Free Parking

Start your holiday shopping with our local crafters, artists and marketplace vendors. Shop our Book Sale, Collectibles, Gift Shop Annex and so much more. Enter some of the special drawings, enjoy fresh baked items from our bake sale, visit the Coffee Shop or lunch in Mary's Bistro. Open to the public and everyone is welcome!

Thank you

Without your donations, the Senior Services would not be able to continue to provide the programs, activities, services and opportunities. Thank you to all who contribute!

Watch the *Conz Street Chronicle*, *Facebook (Northampton/COA)*, *local media*, and our *website* [www.northamptonma.gov/713/Senior-Services](http://www.northamptonma.gov/713/Senior-Services) for announcements of new programs, events and services.

A special thanks to recent donors for their generosity

Penina & Mickey Glazer

Lin & Tucker Respass

Maura Plante & Michael Romanovitch

Dorothy Fradera

In memory of Robert Martula, who enjoyed going to the Senior Center, from his family Michelle and James Kasualesa and children Sara, Stephen and Michael

In honor of Morris Gould celebrating his 98<sup>th</sup> birthday from Nancy August and Family

A friendly reminder

Please remember to get a scan card to participate in any of the opportunities at Senior Services. After you receive your scan card, it is important to us that you scan in. This assists us with program attendance, statistical purposes and funding. Thank you.

Editor’s Note: The final two words of Michael Hooker’s column in the September Conz Street Chronicle were omitted. The colum should have ended: “in assets.” We apologize for the error.



## October 2016 Calendar of Programs and Events

### Ongoing Programs

Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:20</b> Dynamic Fitness DVD	<b>8:45</b> Strength & Stretch	<b>8:20</b> Dynamic Fitness DVD	<b>8:45</b> Strength & Stretch	<b>8:20</b> Dynamic Fitness DVD
<b>9:30</b> Low Impact 1	<b>9:30</b> Cup of Conversation	<b>9:30</b> Low Impact 1	<b>9:00</b> Benefits Counseling Appointments*	<b>9:30</b> Low Impact 1
<b>10:30</b> Creative Writing	<b>10:00</b> Caregiver Support Group*	<b>10:30</b> Low Impact 2	<b>10:00</b> Stretch & Tone	<b>10:00</b> Conversational Spanish
<b>10:30</b> Low Impact 2	<b>10:00</b> Stretch & Tone	<b>11:00</b> Drop In Digital Photography	<b>10:00</b> Wisdom Project	<b>10:30</b> Low Impact 2
<b>11:00</b> Computer Tutor	<b>11:00</b> Dancing with Joan	<b>11:30</b> Beginner Tap	<b>10:00</b> Knitting Drop In	<b>12:00</b> Contract Bridge
<b>1:00</b> Needle Workshop	<b>1:00</b> Pitch	<b>12:30</b> Cribbage	<b>11:30</b> Third Year Tap	<b>12:30</b> Visit from Dewey the Therapy Dog
<b>1:30</b> Learn to Meditate	<b>12:30</b> Sewing Workshop*	<b>1:00</b> Scrabble	<b>12:30</b> Second Year Tap	<b>1:00</b> Gentle Chair Yoga
<b>2:00</b> Coloring for Adults	<b>2:45</b> Tuesday Tea	<b>1:00</b> Timeless Tunes	<b>1:00</b> Mahjongg	<b>1:00</b> Senior Gay Men’s Drop-In Group
<b>2:45</b> Free Tai Chi	<b>7:00</b> Yoga	<b>1:00</b> Zumba Gold	<b>1:30</b> Intermediate Tap	<b>2:45</b> Yoga
	<b>7:00</b> Coloring for Adults	<b>2:45</b> Feldenkrais	<b>1:30</b> BINGO	<b>2:45</b> Free Tai Chi
		<b>2:45</b> Free Tai Chi	<b>2:45</b> Tai Chi	
		<b>7:00</b> Acrylic Painting II*	<b>7:00</b> Acrylic Painting I*	

*\* Please register before the first class. Programs requiring pre-registration are marked with an asterisk symbol.  
Please note that programs requiring pre-registration may be canceled if minimum numbers are not met.*

### Fall Festival

**Fitness Center Tours**  
**Oct. 11-13, 2016**

Have you heard the buzz about our state of the art fitness center? Have you wanted to see for yourself what the buzz was all about? Join us for a tour of our newly transformed facility.

We will be offering half-hour fitness center tours each day from **11 to 11:30 a.m. and 11:30 a.m. to noon** and, this week only, during our extended hours from **6 to 6: p.m. and 6:30 to 7 p.m., Wednesday, Oct. 12.**

Come meet our Fitness Center staff , Sean and Bob.

Each comes with several years experience.

Sean has been working as an attendant here since 2008 with his AS in Health, Fitness and Nutrition.

Bob worked at the Northampton YMCA for six years and is also a current member of our Fitness Center.

Sean and Bob and will give you a guided tour and explain how each piece of equipment operates and answer your questions along the way. Fitness Center applications will be available to take home. We can’t wait to see you.

### Upcoming trips

The Friends Group of Northampton Senior Services has a few more trips on the agenda for the remainder of 2016. Our trips are open to ALL ages from ANY community. We usually sponsor one trip per month.

On Saturday, Oct. 22, our motor coach takes us to Cheshire, Conn. Neesom Hall, recently opened to the public, will feature the tribute bands Benny and the Jets and Storm Front who go head to head performing the top hits from Billy Joel and Elton John. We will stop at Veterans Memorial Park in Middletown. A delicious lunch at Viron Rondo Osteria is included as part of the all-in trip fee of \$112. The signup deadline is October 11, 2016.

SAVE THE DATE. The Tall Ships are coming to Boston for the first time in nearly a decade. Boston will be the only U.S. city to host these wonderful and majestic sailing vessels. The trip on Monday June 19, 2017 will cost \$118, but you can reserve a seat now for \$35. Come and join us on this wonderful experience.

### Flu Clinic

Provided by The City of Northampton Health Department.

Hosted by The Northampton Senior Center, 67 Conz St., Northampton, MA 01060.

Time: 8:30 to 11 a.m., Thursday, Oct 20.

No pre-registration necessary.

No Insurance required.

Patients must be 19 years of age or older.

**SOME FLU FACTS:**

*Each year in the United States, on average, 5-20% of the population gets the flu.*

*More than 200,000 people are hospitalized each year from flu-related complications.*

*The flu vaccine, cannot give you the flu. The vaccine is made with either no flu virus at all, or a virus that has been ‘inactivated’.*



## Special Events and Dates

**Artist of the Month: Reception for Mary Vazquez**  
Wednesday October 19 from 6:30-8:30 PM

**Friday Oct 7 @ 1:30 PM**  
Photo Club Monthly Meeting

**Friday Oct 7 & Oct 21 @ 10:30 AM**  
Nutritional Outreach

**Thursday Oct 13 @ 1:00 PM**  
Readers & Thinkers  
*October Book: “The Eagle Catcher” by Margaret Coel*

**Friday Oct 14 & Oct 28 @ 1:30**  
Chess

**Wednesday Oct 19**  
Foot Clinic, by appointment only

**Tuesday Oct 11 @ 1:30 PM**  
Author of the Month: Jim Cahillane & The Pilot’s Satchel: A Senior Citizen Looks at Life Through Dreams.

**Monday Oct 17 @ 1:30 PM**  
Monday Movie: East Side Sushi

**Wednesday Oct 19 @ 7:00 PM**  
Mystery Book Club Monthly Meeting  
*October Book: Lisette’s List by Susan Vreeland*

**Flu Clinic**  
Thursday October 20 from 8:30-11:00 a.m.

## Upcoming Fall Classes and Activities

**Autumn Celebration**  
Join us on October 11, 12 and 13 for a variety of free classes and programs. Learn about all the senior center has to offer. Check out our October Conz Street Chronicle for a schedule!

**Landscape for Life**  
Fee based classes begin in October. Open to the general public. Call for more information.

**Piano Lessons with Jeff Olmsted**  
Series of five classes begins October 6 at 1:00 PM. \$45 for residents. \$50 for non-residents and those ages 55-59.

**Apple Pie & Ice Cream**  
Free apple pie & ice cream sponsored by CareOne at Northampton. Friday October 7 at 1:00 PM. Pre-registration requested.

**Pitch**  
Tuesday afternoons from 1:00-2:30 PM.

**Acrylic Painting I and II with Sophie**  
Sophie Theroux returns for two sessions of acrylic painting. Acrylic II on Wednesdays (for returning students) and Acrylic I on Thursdays (for new students). Six week sessions begin the week of October 19. \$60 for Northampton seniors, \$65 for non-residents and 55-59. Includes all materials.

**Fall Crafts with Highview**  
Friday October 21 @ 1:00 PM. Pre-registration requested.

**Car Talk with Mark Whitney**  
Mark shares his inside knowledge of the car business. He is knowledgeable on buying and selling, leasing, getting the best deal and finding the perfect car for you. Tuesday October 18 @ 10:00 AM.

**Vampire Tales: Our Fascination with Dracula & The Undead**  
Presenter Barry Dietz gives a riveting talk on vampires.

With his background in English, history, television and entertainment the audience is sure to be delighted. FREE with a scan card.

**Conversational Spanish**  
Join Spanish professor Michael Guzman to learn basic conversational Spanish skills. The best way to learn any language is to negotiate meaning in real world contexts. This course will take students on a journey to different scenarios using the Spanish language, including role playing ordering food at a restaurant, giving instructions to a taxi driver or telling a story about the past. Four week sessions begin October 7. \$30 Northampton seniors, \$35 non-resident and 55-59.

**Gothic Tales by Candlelight with Rita Parisi sponsored by CareOne**  
Some of the most imaginative and original writers of ghost stories in the 20th century have been women. They helped create the modern ghost: a mixture of the old fashioned Victorian gothic and science fiction. Rita Parisi from Waterfall productionins will present three ghost stories, by women, that probe the possibilities of other dimensions in time and human consciousness. FREE with a scan card.

**Digital Photo Class**  
Six week sessions resume October 5. Pre-registration recommended as space is limited. Class meets 9:30 am-12:30 pm. \$30 Northampton seniors, \$35 non-residents and 55-59.

**Mosaics**  
Join instructor Pat Krusko and learn how to make beautiful mosaic pieces. Classes meet October 12, 19 & 26 from 9:00-11:30 am. Class is \$60 for Northampton seniors, \$65 for non-resident seniors and 55-59. A seperate materials fee of \$50 will be paid directly to the instructor at the first class meeting. Materials fee cover nippers, glue, grout etc. Pre-registration required as space is limited and materials must be purchased in advance. Come in to the senior center to see some of Pat’s work on display.

## Upcoming Events

**Craft Fair Deadline**  
October 14

**Craft Festival & Marketplace**  
November 19

**Author of the Month Jillian Hensley**  
November 15 @ 1:30 PM

**Open Enrollment Fair**  
November 16 from 12:00-3:00 PM

**Mark Whitney & Winter Car Checks**  
November 10 @ 10:00 AM

**Author of the Month Zane Kotker**  
December 6 @ 1:30 PM

**Holiday Dinner**  
December 11

Please remember that all classes, activities and presentations require a My Senior Center scan card. Everyone is eligible. Sign up at reception.

## Lap Quilt Project: ‘Lap robes for Linus’

Do you remember the Peanuts comics and Linus who carried his security blanket with him everywhere? It gave him a sense of security—and well being. As a matter of fact, it’s thought that a child’s use of a security blanket is associated with psychological benefits that begin at a very young age and continue through adulthood.

An overwhelming majority of people love the warmth that a blanket provides. Since 1886, or there about, someone named a covering (or blanket) for the legs or lap, a lap robe. Today there are a large percentage of people in need of that feeling of warmth and security. Did you have a blanket or a stuffed animal? How did it make you feel?

The Northampton Senior Center has a new project. It has a working title “Lap Robes for Linus”. In reality it’s a project of constructing lap robes for the destitute—people in need of a bit of warmth and security. The center has received a substantial donation of fabric (much of which has been cut into squares) and the center is

looking for individuals that would like to sew lap robes—by hand or by machine—in a group or individually.

This isn’t an original idea. Emily Goldsmith, a survivor from the RMS Titanic organized sewing circles to make garments out of cloth and blankets for those passengers dressed in nightclothes when they entered the lifeboats. The Center wants to follow her example. So you don’t or can’t sew but love the idea of the project—not a problem. You can donate fabric, thread or any other materials that you feel might help. For more information call 413-587-1228.

Now that the hot weather is gone, why not join our lap quilt project? Feel good while working for a good cause.

Lap quilts will be crafted and donated to those most in need. Knitters and crocheters welcome. Even if you do not sew, you may sponsor a quilt for \$25. Accepting donations of materials or any previously started projects up to 50” square.”



Rita Bouthillette works on a quilt.